



Winnipeg's Integration of Physical Literacy, LTAD in the Active Start Stage





WINNIPEG COMMUNITY SPORT POLICY

Agenda

1. Why are we doing it? History: Policy, Structure, Working Group, Process, Collective Impact Workshop, Resulting Focus, McConnell Project.
2. Whose involved? WCSP, Working Group, Active Start (McConnell) Project.
3. When did we do this?
4. Where did we locate the training?
5. What did we do? Structure, program, learnings.
6. Present and future!
7. Questions?



The logo consists of four overlapping, colorful bars (green, blue, yellow, and red) forming a stylized 'X' shape.

WINNIPEG COMMUNITY SPORT POLICY



The policy is passed by Winnipeg City Council
on November 14, 2012

With the passage of the policy the six founding partners establish a coordinating committee to oversee the implementation of the policy's 6P's.
(People, Partnerships, Programs, Places, Promotion, Public and Private Funding)





So how are we getting the policy implemented?

We have established a number of “Working Groups”

One of the Working Groups relates to how people enter or not enter the organized sport system. The Access and Engagement Working Group was established with the help of the Winnipeg Poverty Reduction Council.





The Access and Engagement Working Group had to make some decisions about what to focus on initially? We used a community development approach and engaged in repeated discussions. We used the WCSP and the CS4L model to guide the discussion and we began to focus on the Active Start stage as a logical beginning.

We were fortunate to have an opportunity to have Liz Weaver from the Tamarack Institute lead us in a Collective Impact workshop which further defined what we could do in the Active Start area.





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The outcome from the Collective Impact held on February 7th, 2014 was that there needed to be education and training for community leaders working with primarily children and families on Physical Literacy in the Active Start Stage!



The timing couldn't have been better since we were party to the CS4L Community Connections project and received McConnell Foundation funding to put together the Active Start Training.

- Framing the Issue
- Lack of understanding and importance of Physical Literacy.
Strategies: Defining Physical Literacy?
Providing an overall definition of Physical Literacy?
Breaking down the definition by age or into age categories, i.e. Physical Literacy for ages 0-1?
Developing a strategic communication strategy i.e. to parents, leaders, staff.
 - Lack of programming/systematic delivery.
Strategy: providing training opportunities

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Access and Engagement Organizations
Boys & Girls Clubs of Winnipeg
Immigrant Refugee Community Organization of Manitoba
R.A. Steen Community Centre
General Council Winnipeg Community Centres
Winnipeg Poverty Reduction Council
Winnipeg Community Sport Alliance
City of Winnipeg
University of Manitoba
Sport Manitoba
Winnipeg Regional Health Authority
University of Winnipeg



What did we do?
We ran two training sessions:

1. Fall 2014 – 12 separate workshops over 12 weeks.
2. Spring 2015 – 6 workshops over 6 weeks with options to take additional specialized workshops.



Where:
Sport for Life Centre,
145 Pacific in downtown Winnipeg





FIT KIDS
HEALTHY KIDS



Supported by



Winnipeg: Active Start

Participants from multiple sectors:

ECE staff,
Recreation,
Parent Tot,
Family rooms/Education, Parents,
community service providers.

10 of 12 Winnipeg Communities
Represented. With trainings occurring in
the Downtown Community.



Physical Literacy: Train the Trainer

Model: 2.5 hour sessions

1 hour: Theory

1 hour: Active play

30 min: Debrief/discussion



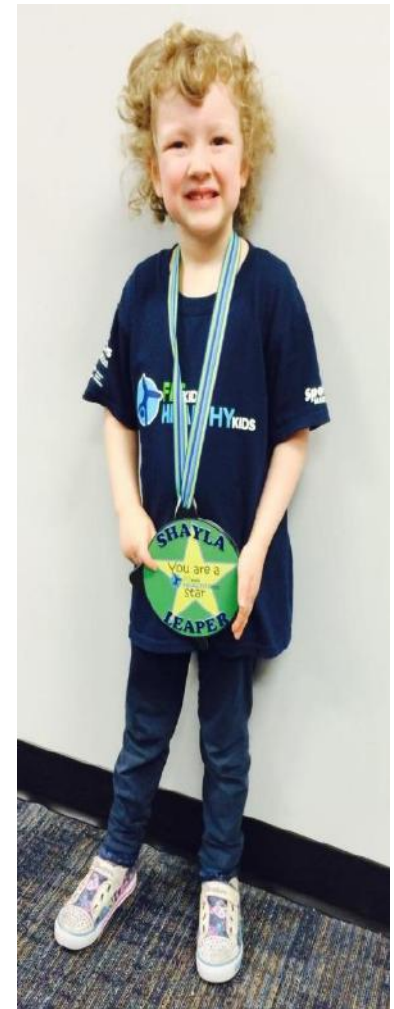
Sessions 1-6:

1. Introduction- Canadian sport for life, Fit Kids Healthy Kids, LTAD
2. Do the Locomotion- Run, Gallop and Skip
3. Learning to Fly- Hop, jump and Leap
4. It's a game of give and Take- catch, throw and Track
5. Kick Start my Heart- Kick, Strike and Track
6. I'm Yelling Timber- Fall, Tumble and Roll



Sessions 7-11:

- 7. Rhythm and Dance
- 8. Involving Literacy in Physical Literacy
- 9. Active together- Parent tot
- 10. Themed play
- 11. Make and Take



What we
learned
about...



Growing and Changing

- Too many sessions
- Start with the main sessions and offer follow up sessions.
- Language and content is important
- Hands on, front line, useful information
- Support to those who want to pass on the message
- Kit was vital to success

Feed Back:

- 23 of 36 participants filled out the survey.
- 65% said they have trained others
- 25% trained co-workers, 33% trained ECE workers and 25 % trained parents.
- 25% who have not trained have trainings planned.
- Kits have been use in all 12 Winnipeg communities with children's groups.
- 73% increase in knowledge of Physical Literacy

Check us out:

www.fitkidshealthykids.ca





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WCSP Goal

The benefits of physical activity and physical literacy are recognized and supported by public and private organizations across sectors





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Action Steps

Develop a strategy for increasing physical literacy levels across the lifespan

Sub Activity:

Complete needs analysis – University of Winnipeg

Explore Fit Kids Healthy Kids Train the Trainer

Explore Physical Literacy Growth & Development course

Develop knowledge transfer strategy

Identify lifespan target groups /demographics

Identify best practices

Identify strategic partners currently delivering programming





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